

AGE GROUP:	U15 (Boys)	U16-U18 (Boys); U15-U16 & U17-U18 (Girls)
Game Format:	Transitional Contact	Full Contact
Max no. Players per Team:	15	15
Ball Size:	5	5
Max. Pitch Size (m):	100 x 70m	100 x 70m
Max Mins per Half:	30	35
Max Mins per Day*:	90 mins playing	90mins playing
<p><i>* From 2023/24 season, fifteen minutes of Activate preparation time may be added to the maximum minutes per day on match and festival/tournament days</i></p>		
Scoring:	Tries, conversions, drop-goals & penalties	Tries, conversions, drop-goals & penalties
Key Points:	Introduction of: <ul style="list-style-type: none"> Lifting at lineouts (uncontested) Sin Bin: 6 mins 	Introduction of: <ul style="list-style-type: none"> Contested lineouts Scrum half may move beyond the middle of the scrum Sin Bin: 7 mins
Rules of Play:	Regulation 15 Appendix 9	Regulation 15 Appendix 9

NB: Information correct for 2023/24 season

Please refer to RFU Regulation 15 for updated law variations